



The
COLUMBIA COUNTY
SHERIFF'S OFFICE

Proudly Presents This Summer:

Women's Self Defense Classes

Open to all women 16 years of age and older

Free of Charge

"This class is taught by sheriff's office deputies who are defensive tactics trainers. We have limited space available, so I encourage those interested to sign up early."

- Sheriff Jeff Dickerson

Training Dates

- **Saturday July 17** 9 a.m. to 3 p.m. (light lunch provided)
- **Saturday July 31** 9 a.m. to 3 p.m. (light lunch provided)
- **Saturday August 14** 9 a.m. to 3 p.m. (light lunch provided)
- **Saturday August 28** 9 a.m. to 3 p.m. (light lunch provided)

Sign up at: Sheriff's Office – 901 Port Avenue, Saint Helens
Or – Call Timmi Sue at (503) 366 - 4651 (leave message)
Or – Download an application online at –
www.co.columbia.or.us/sheriff